

**ABSTRACT**

Methods for treating diabetes by administering an inhibitor of GDF-8, or a  
5 related member of Transforming Growth Factor-beta (TGF- $\beta$ ) superfamily of  
structurally-related growth factors (e.g., GDF-11) are disclosed. Also disclosed are  
methods for upregulating expression of hexose transporters, such as GLUT4 and  
GLUT1, in a subject by administering an inhibitor of GDF-8. Also disclosed are  
methods for increasing glucose uptake by cells in a subject, by administering an  
10 inhibitor of GDF-8.

CONFIDENTIAL MATERIALS  
EXCLUDED FROM THIS  
FILING PURSUANT TO  
17 U.S.C. § 105